

Back-To-School Slumber Party

Saturday Night, 2016 August 13th

Who's Invited: Boys & Girls, Members & Non-Members, Friends, Everyone age 6 yrs and older
Anyone interested in Gymnastics, Bouncing, Flipping & Twisting FUN!

--- *INVITE YOUR FRIENDS TO JOIN YOU* ---

Items To Bring: **Sleeping Bag or Sheet & Light Blanket, Pillow, Toiletries, (sleep wear if desired)**

Drop-Off: 6:00 pm **Pick-Up:** 8:00 am

Cost: **\$35** for the first child (\$30 for subsequent siblings) (proceeds go to gym equipment maintenance)

Meals Provided: Saturday Night Dinner, Snacks, Sunday Morning Breakfast

Supervision: Hawaii Academy Instructors/ Managers, Team Counselors & Parents, through out the night.

Emergency Contact: Hawaii Academy Kalihi Gym Phone 842-5642

Instruction: From Trampoline & Gymnastics Coaches, Advanced Athletes, Parents & Activity Specialists
(Beginners bond with and get 'coached' by advanced team players)

Benefits: Participants – A fun experience of gymnastics, trampoline, games, and active play
Parents – Opportunity to enjoy a parent's night out
All HA Members – Slumber parties raise money for equipment maintenance

Activities: Instruction; All Gymnastics Apparatus; Tumble Tramps; Games and Contests;
Snacks Available All the Time; Lots of Time to Talk Story With Friends; etc.

Schedule:

6-7 pm	Warm-up, Supervised Play, Gathering of Friends, Making New Friends
7:15 pm	Dinner and Activities Break
8:00 pm	Some Instruction on Trampolines, Tumbling, & Other Equipment; Supervised Play; Games & Contests; Videos; Social Exchanges and More
9:30 pm	Snack Break and Shift to Less Strenuous Activities
11-midnight	Castle Building (w/ Panel Mats & Blocks); Preparing Sleep Areas (Quieting)
12-1 am	Lights Out (Time to share stories with friends; or fall asleep)
1:00 am	Gym Quiet! (assurance for parents that children will not be exhausted the next day)
6:30 am	Lights On, Wake-up, Wash-up, Breakfast
7:00 am	Final Supervised Play, Restore the Gym (Full Cycle Everything in Gym)
8:00 am	Pick-up and Gym Cleaning (Sunday Classes begin at 8:30 am)

Parents are welcome to stay and observe, join in as supervisors, or assist in any way.

2016 Back-To-School Slumber Party

Saturday August 13 6pm-8am Sunday

Attendee's Name: _____ **School:** _____

Address: _____ **City:** _____

State: _____ **Zip:** _____ **Sex:** M or F **Birth Year:** _____

HA Member: Yes / No **Email:** _____ (Please include payment with this form)

Phone 1: _____ **Phone 2:** _____ **Physician:** _____

Limitations: _____ **Other:** _____

If Participant is Under 18 Years Old: *I hereby give permission for my child to participate in this event and have read and signed the HA permission-release-information form (members have already signed this form; non-members MUST complete the full permission-release form). IMPORTANT: HA's permission-release-information form gives instructions for actions to be taken in the event of an emergency and permission to treat if medical attention is needed and the parents cannot be notified.*

Parent/Guardian Signature: _____ **Date:** _____

\$35 for first child (\$30 for subsequent siblings)